March 2017 K-8 Lunch Menu

ca = calories grams *cb = carbohydrates grams* *so = sodium mg* *Fat Free Chocolate Milk or 1% White Milk Offered* *All bread items whole grain*	*m = meat/protein* *wg = whole grain* *r = red/orange* *l = legume* *o = other* *s = starchy* *g = green*	1 BBQ Chicken Filet & WG Bun (2m, 1.75wg) BBQ Sauce Ranch Celery Sticks (3/4o) Fresh Cut Pineapple (1/2c) Milk (1c) *ca= 605 cb=97 so=1022*	2 Beef Meatballs & Spaghetti (1.6m, 1/4r marinara) WG Pasta (1/8wg) Carrot Sticks (1/2r) Craisins (1/2c) WG Roll (1wg) Milk (1c) *ca= 620 cb=80 so=841*	3 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) *ca= 650 cb=98 so=1083*
6 Hamburger Patty & WG Bun (2m, 1.75wg) Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) *ca= 650 cb=102 so=1022*	7 WG Chicken Patty & WG Bun (2m, 2.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) Milk (1c) *ca= 650 cb=94 so=1178*	8 Beef Meatball Sub & WG Bun (1.6m, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) *ca= 600 cb=76 so=974*	9 WG Chicken Nuggets (2m, 1wg) Italian Green Beans (3/4o) WG Dinner Roll (1wg) Fresh Cut Pineapple(1/2c) Ketchup Milk (1c) *ca=640 cb=82 so=1230*	10 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) *ca= 650 cb=98 so=1083*
13 Beef Meatballs & Gravy (1.6m) Mashed Potatoes (3/4s) WG Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) *ca= 600 cb=85 so=1059*	14 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Melon (1/2c) Milk (1c) *ca= 640 cb=109 so=623*	15 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) BBQ Sauce Carrot Sticks (1/2r) Fresh Cut Melon (1/2c) Milk (1c) *ca= 635 cb=86 so=1124*	16 NO SCHOOL PARENT/TEACHER CONFERENCES	17 NO SCHOOL PARENT/TEACHER CONFERENCES
20 WG Chicken Corndog (2m, 2wg) Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) *ca=640 cb=103 so=781*	21 WG Chicken Nuggets (2m, 1wg) Ketchup WG Dinner Roll (1wg) Mashed Potatoes (3/4s) Fresh Cut Melon (1/2c) Milk (1c) *ca= 630 cb=83 so=1178*	22 BBQ Chicken Filet & WG Bun (2m, 1.75wg) BBQ Sauce Ranch Celery Sticks (3/4o) Fresh Cut Pineapple (1/2c) Milk (1c) *ca= 605 cb=97 so=1022*	23 Beef Meatballs & Spaghetti (1.6m, 1/4r marinara) WG Pasta (1/8wg) Carrot Sticks (1/2r) Craisins (1/2c) WG Roll (1wg) Milk (1c) *ca= 620 cb=80 so=841*	24 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) *ca= 650 cb=98 so=1083*
27 NO SCHOOL	28 OUT	29 FOR	30 SPRING	31 BREAK

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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